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Monday, July 9, 2012

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ROGER FEDERER RECLAIMS NO. 1 RANKING WITH HISTORIC WIMBLEDON VICTORY PAGE 19

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Twilight star wins undies run

Twilight star Charlie Bewley stands in front of one of his favourite running paths in Vancouver at Kits Beach on Sunday. CHELSEA ALTICE/FOR METRO

Cancer research.

Charlie Bewley strips down for charity

CHELSEA ALTICE
vancouver@metronews.ca

Twilight star Charlie Bewley not only has the body of his dreamy vampire character Demetri, but the speed of a demon after winning the B.C. Cancer Foundation's Underwear Affair 10-kilometre race on Saturday.

After last-minute plans to extend his Vancouver vacation, Bewley just happened to walk by the start of the event outside Rogers Arena that raises funds and awareness for cancers below the waist.

"I just rolled up about half an hour before we started with my two bags ready for L.A.," Bewley said. "I just pulled out my training gear and checked my luggage."

In a revealing orange-striped black brief number, Bewley had no problem running nearly nude. He completed the race in 37 minutes, ahead of 1,035 other runners.

"They're surprisingly easy to run in," he said. "As soon as you get permission to run in your undies, it's very liberating."

Feeling generous?

- If you would like to help Bewley raise funds for B.C. cancer research and bid on his lucky little pants, follow him on Twitter @alchemission.

This is not Bewley's first charitable running race in Vancouver. He raised $20,000 and completed an extended 64-kilometre BMO Marathon last year (he ran a half-marathon before the start of the full BMO Marathon) in memory of a friend who died of cancer.

Bewley also had won a past Underwear Affair race but was disqualified because he could not afford the $300 donation. He found this year's coincidental stumble into the start line to be serendipitous.

Since Bewley joined the race at last minute, he plans to raise funds for the event by auctioning off his winning pair of briefs on Twitter.

The seventh annual Underwear Affair raised $633,000 for cancer research. Cancers below the waist account for 48 per cent of all newly diagnosed cases in the province, according to the B.C. Cancer Foundation.

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Bylaw. Call for an end to needle-exchange ban

Once a week, Jamie MacDonald walks down a quiet alley in Abbotsford, finds a familiar black SUV and picks up a package of clean needles, alcohol swabs and other supplies for injecting heroin.

MacDonald doesn't need the needles himself — although he's addicted to heroin, he smokes the drug — but he has friends who do.

He takes a paper bag containing about 20 or so needles, meets with friends and chats with an outreach worker from Vancouver's Portland Hotel Society, who visits Abbotsford every Thursday with syringes, crack pipes and other supplies designed to make the lives of drug addicts safer.

"I grab needles and pipes and I give them to people.... I just like to do my part to make sure somebody doesn't catch a disease," says MacDonald, 34, who started smoking heroin as a teenager growing up in Vancouver's Downtown Eastside.

"For me, it's a no-brainer. It helps people."

In Abbotsford, this transaction has been illegal since 2005, when city council passed a zoning bylaw that effectively bans any form of harm reduction, including needle exchanges and safe-injection sites, within the city limits.

But the bylaw is now up for review. Local health authorities are pushing for a government-run needle-exchange program, and community groups, that have been quietly contravening the law for years, are arguing it's time to embrace the concept of harm reduction.

The debate has revealed that some, located in an area referred to as the province's Bible Belt, are still uncomfortable with the idea of giving addicts free needles, despite the insistence from health officials that such programs save lives, reduce health-care costs and connect addicts with treatment. THE CANADIAN PRESS

A teenage girl takes a photo of Nashville pop rock band Hot Chelle Rae's lead vocalist Ryan Follesé during the Summer Playland Festival 2012 at the PNE on Sunday. PHYLICIA TORREVILLAS/METRO

Summer Playland a teen sensation

Attendance. More than 10,000 people turned out for the three-day music festival, according to organizers

PHYLICIA TORREVILLAS
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The sun and thousands of screaming teenage girls were out in full force Sunday during the final day of the Summer Playland Festival at the PNE.

Alexa Hazelton, 16, swayed to the music of Nashville pop-rock band Hot Chelle Rae with her two friends and even caught two guitar picks thrown to the crowd by lead vocalist Ryan Follesé.

"I haven't heard much of them, but once I heard that they were going to be playing I listened to their music and right away I loved them," she said.

"I hope they do this again next year because it's great."

PNE spokesperson Laura Ballance said they are pleased with the response they received from the young crowds.

"Everybody was out enjoying the weather," she said.

"It (went) very smoothly and the artists have all commented on what a great crowd it's been."

She said more than 10,000 people came out to enjoy the three-day music festival, which featured artists including Call Me Maybe hitmaker and Mission native Carly Rae Jepsen, Joe Jonas, OneRepublic and Marianas Trench.

Hazelton's wish to see the teen music festival next year may come true.

Ballance said the concept of combining rides and music has proved to be a success and the festival could be an annual event.

"We'll see if we go ahead next year what it looks like, but I anticipate that we will," she added.

"It's been very successful and certainly the crowds have indicated that there is a need for this type of event."

Feedback

"I hope they do this again next year because it's great."

Alexa Hazelton, festival attendee

Follow Phylicia Torrevillas on Twitter @ptorrevillas

1 NEWS

On the web

Hair-raising heist

Three thieves battered through a wall and dodged motion detectors to break into a Chicago beauty-supply store to steal $230,000 worth of human-hair extensions. Read more about the heist at metronews.ca.

Mobile news

A man from Massachusetts has paid off his 35-year mortgage in true penny-pinching style: By making his final payment entirely with pennies — about 62,000 to be exact, weighing about 360 kilograms. Scan the code to learn more about this master copper-roller.

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Renaming. Park Board mulls Spanish Bank's missing S

The Vancouver park board will consider putting the S back in Spanish Bank Beach.

Park commissioner Aaron Jasper is bringing a motion to the board Monday recommending that the name for the popular set of beaches along the shores of English Bay revert back to its plural form.

The beach area in the West Point Grey neighbourhood was named Spanish Banks Beach Park when it was leased to the park board in 1929.

Jasper said the park board renamed it to Spanish Bank in 2006 based on research that reviewed old navigation charts that referred to the singular version.

According to Jasper, West Point Grey resident Maurice LeGallais has been trying to have the original name restored for several years. He added LeGallais pointed out that the use of Spanish Banks has historical roots and locals have always referred to it in the plural form.

Jasper said he wants to give LeGallais an opportunity to tell his story during the board meeting.

PHYLICIA TORREVILLAS/METRO

Phase-in

- If the motion gets approved, Jasper said the board won't be tearing down signs and replacing them with new ones.
- "On the website, it'll be changed immediately," he said. "We will be making corrections to the tourist maps. Over time as signs need to be replaced, we will make the correction to the plural."

Save the Fraser Declaration. Tsleil-Waututh join opposition to proposed pipeline expansion

A Lower Mainland First Nation has signed a declaration opposing proposed pipeline expansion in the province.

The Tsleil-Waututh Nation gathered on banks of Burrard Inlet Saturday to sign the Save the Fraser Declaration to bar any pipeline expansion from their lands.

"As people of the Inlet," said Chief Justin George, in a release, "it is our birthright and obligation to care for the lands and waters of our territory. Pipeline expansion is just too great a risk to accept."

The Tsleil-Waututh join more than 100 First Nations who have signed the Save the Fraser Declaration to ban tar sands pipelines through First Nations land.

CHELSEA ALTICE/FOR METRO

Robbie George and his son, Cassius, of Tsleil-Waututh Nation, on the shore of Burrard Inlet prior to the nation's signing of the Save the Fraser Declaration.
JAMES MACLENNAN/CONTRIBUTED

Sting operation

2 charged over counterfeit transit passes

Transit police say two men are facing charges over the production of counterfeit passes.

About six months ago, police and security officials began to notice some riders were presenting fake but good-quality government-issued transit passes. Police say they launched a sting operation, arrested two suspects and seized computers, laminators, printers and dozens of passes ready for sale.

They estimate the lost revenue to the transit system to be more than $200,000.

THE CANADIAN PRESS

2011 incident

Man sentenced to 4 years for human smuggling

A French citizen has been sentenced to four years in prison for crimes related to human smuggling.

Mikael Prone was arrested in November 2011 at Vancouver International Airport after getting off a flight from China and seeking entry for a couple weeks of sightseeing and business. A secondary search of his luggage found two Israeli passports that didn't belong to him. On the same flight were two Iranian siblings with no travel documents.

Prone is thought to have been smuggling the Iranians into Canada.

THE CANADIAN PRESS

A woman reclines on the edge of Kits Beach pool Sunday afternoon. CHELSEA ALTICE/FOR METRO

Chlorine cap proposed for Vancouver park pools

Safe swimming. Motion would also make secondary sanitation systems mandatory

CHELSEA ALTICE
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Pools in Vancouver parks could see chlorine levels capped, if a proposal by a Vancouver park commissioner is successful.

Trevor Loke's motion to cap the level of chlorine at 1.5 parts per million — and make secondary sanitation systems mandatory using ozone or ultra-violet technologies — will be heard at Monday night's park board meeting.

The B.C. Health Act requires all pools to maintain 0.5 parts per million of chlorine to kill harmful bacteria.

"I would like to see a day where swimmers in Vancouver no longer have to worry about red eyes, coughing and irritated throats after a swim," Loke said in a release.

While no pools operate chlorine-free, the popular Kitsilano saltwater pool proved to be a preferred destination in Sunday's heat.

Local resident Robin Eyford said she chooses the saltwater pool at Kits over others "any day."

Her daughter attends swimming lessons at the Vancouver Aquatic Centre and says the smell of chlorine is overpowering.

She also began noticing her daughter develop an allergic reaction to the water. "Our daughter would start sneezing after her lessons," said Eyford. "We gave her Benadryl and after that, she was fine."

Respiratory-related illnesses are listed as one of the reasons for putting forward the motion, but the main concern for Eyford is sanitation. "We get that you need to use chlorine," she said. "Accidents happen in pools and they need to be dealt with.... If they change it, the water needs to stay clean and be safe — bottom line."

Quoted

"I would like to see a day where swimmers in Vancouver no longer have to worry about red eyes, coughing and irritated throats after a swim."

Park commissioner Trevor Loke, in a release

2 dead after small plane crash in Vernon

Moments after taking off into the bright, sunny skies of the Okanagan Valley, a small twin-engine plane clipped two trees and slammed into a sports field, killing the two people onboard Saturday, say witnesses to the tragedy.

"I heard this explosion, looked over to see this aircraft burst into flames," said Gord Molendyk, a spokesman for the Vernon North Okanagan RCMP, who was in the area at the time. "There was fire, along the ground, right up to the aircraft."

Molendyk was supposed to be attending a wedding nearby early Saturday afternoon when he saw the aftermath of the accident.

He said the plane took off from the airport, hit the tops of two trees that were no more than eight metres high and flew over the edge of the field, before slamming into the ground and bursting into flames.

Molendyk said nobody on the ground was hurt.

The RCMP said in a release late Saturday night that the pilot was from Kelowna and that he was 59 years old. His passenger was described only as being 55 years old and from the Port Moody area. No names were released. THE CANADIAN PRESS

RCMP and the coroner look through the burnt wreckage of a plane crash at Marshall Field in Vernon on Saturday. JEFF BASSETT/THE CANADIAN PRESS

Mass hysteria cause of mysterious illness in Afghan schoolgirls: WHO

An Afghan girl stands outside a tent in a camp in Kabul in this file photo.
MAJID SAEEDI/GETTY IMAGES

Afghanistan. Locals, government say a radical group is using poison to prevent girls from getting an education

Hundreds of schoolgirls have been wailing, vomiting and fainting in northern Afghanistan over the past few months.

No one has died from the mysterious illness and most recover within a day or two. This is the fourth straight year the illness has afflicted Afghan girls in the northern provinces although there has been a dramatic spike in 2012 — 858 cases reported in the first five months alone compared to 119 last year. The provincial governments and Kabul say the girls are being poisoned by the Taliban, or Pakistani spies, because they are attending school — something that was forbidden during the Taliban rule in the 1990s. The radical group has denied any involvement.

But the World Health Organization believes it has found the cause: mass hysteria, or, in medical parlance, mass psychogenic illness (MPI).

Locals and the government vehemently disagree.

"Girls are being poisoned," said Nargis Nehan, with Equality for Peace and Democracy, from Kabul. "There must be something in the water or air that is making these girls sick."

Neither the World Health Organization nor local officials have found evidence of poison. Tests on the girls have come back negative in all 1,634 cases, according to the WHO report. And no teachers or boys have become sick.

TORSTAR NEWS SERVICE

Prognosis

Mass hysteria manifests itself in physical symptoms and is a legitimate illness, said Julio Arboleda-Florez, a psychiatry and epidemiology professor at Queen's University.

- In Kosovo in 1990, thousands of girls suffered from burning red eyes and chest pain, but no traces of poison were ever found in the patients.

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Nigeria. 52 killed in raids on Christian villages

Raids and reprisal attacks have left 52 people dead in Christian villages near a Nigerian city where authorities have struggled to contain religious violence, officials said Sunday.

Assailants launched "sophisticated attacks" on several villages near Jos early Saturday, said Mustapha Salisu, spokesman for a special task force made up of policemen and soldiers deployed in the area to curb years of violence.

He said the special task force fought back for hours and lost two policemen in the battle. Salisu initially said that 37 people were killed including 14 civilians and 21 assailants.

However, later in the day, Nigerian Red Cross official Andronicus Adeyemo said aid workers had counted 52 dead and more than 300 displaced people from the attacks. He did not give a breakdown.

He said a federal lawmaker and a state lawmaker were ambushed and killed Sunday afternoon on their way to a mass burial for the victims.

Authorities declined to comment on who they suspect, but similar raids have been blamed on Muslim herdsmen in the past. THE ASSOCIATED PRESS

Disguised

"They came in hundreds ... some had (police) uniforms and some even had bulletproof vests."

Mustapha Salisu, spokesman for a special task force made up of policemen and soldiers deployed in the area to curb years of violence.

Jamaica

Police detain suspected killer

Jamaican police say they have detained a man suspected of taking part in an attack on a family reunion in which a man who had been living in Florida was killed.

Police in St. Ann parish say at least 10 men invaded a family reunion at an upscale apartment complex in Cardiff Hall, close to the northern tourist town of Runaway Bay. Witnesses say the gunmen demanded cash, jewelry and other valuables.

A scuffle broke out during the home invasion and Gavin Campbell was fatally shot. Authorities say Campbell was a Jamaican who had been living in the Orlando area.

THE ASSOCIATED PRESS

Middle East

Israeli settlement construction a concern: Barroso

European Commission President Jose Manuel Barroso says Mideast peace is still a top priority, and it cannot become an "orphan" of the upheavals taking place in the Arab world.

Barroso visited the Palestinian territories Sunday and met with Palestinian Prime Minister Salam Fayyad. He said he was concerned about Israeli settlement construction in the West Bank.

Palestinians refuse to resume peace talks while construction proceeds in the settlements.

On Monday, Barroso will meet with Israeli leaders.

THE ASSOCIATED PRESS

Congo. Rebels seize town after army flees advance

Rebels have seized a town on volatile eastern Congo after the army fled their advance, a local official said Sunday.

Omar Kavota says the M23 rebels seized the town of Rutshuru Sunday. Kavota says the army looted during their retreat.

"We appeal to the international community to do something to protect the civilians who fled the fighting and are living in fear," he said.

Panicked residents were fleeing Rutshuru on Friday night amid reports that the rebels had advanced within shelling distance, according to a statement from the North Kivu Civil Society.

Fears were heightened by the evacuation of UN and independent aid agencies, followed in the late afternoon by the retreat of Congolese army soldiers, it said.

THE ASSOCIATED PRESS

Shattered peace

Congo's two-year-long peace was shattered in April when an army unit led by Gen. Bosco Ntaganda defected.

- They fled into the bush, where they regrouped as the M23 rebels, named for the date in March 2009 when the former rebels signed a deal with the Congolese government, a deal brokered as the army was in full retreat and the dissidents threatened to take the eastern provincial capital of Goma.

Newfoundland

Earthquake rattles province for first time in 50 years

Newfoundland and Labrador was hit with a 4.4 magnitude earthquake Sunday morning.

A seismologist with Natural Resources Canada says the magnitude isn't large enough to cause destruction, but it is significantly more than most earthquakes in the region. He says the earthquake hit around 8:13 a.m. local time along the Quebec-Labrador border, just south of Happy Valley-Goose Bay.

Those in the immediate vicinity felt very strong shaking. Miners in Labrador City said the earthquake felt like a regular mine blast. Natural Resources Canada says the last time an earthquake of this size hit the province was 50 years ago. THE CANADIAN PRESS

Mexico

Army finds tunnel under Sonora-Arizona border

Mexico's army has uncovered a 230-metre tunnel running under the Sonora-Arizona border that was used to smuggle drugs into the United States. Mexico's defence secretariat says the tunnel linked a soon-to-be-opened ice-and-purified-water business in San Luis Rio Colorado, Sonora, to a business in San Luis, Arizona. Gen. Raul Guereca said Saturday that the tunnel was 1.3 metres high and reached a depth of almost 18 metres below ground. It had electricity, ventilation and small cars to transport the drugs through the tunnel. Officials did not say which cartel they thought had built the tunnel. THE ASSOCIATED PRESS

U.S. election

Romney plans overseas trip

Mitt Romney is planning a trip overseas ahead of the Republican National Convention in August.

A Republican official says the Republican presidential candidate is set to visit the Olympics in London for the opening ceremonies July 27 and the beginning of the competition. Then he'll head to Israel, where he plans to meet with Prime Minister Benjamin Netanyahu. Romney's advisers are considering plans to visit other countries in Europe, though the itinerary is still being finalized. He speaks to the NAACP civil-rights group's annual convention on Wednesday and is planning a Thursday fundraiser with former Vice-President Dick Cheney. THE ASSOCIATED PRESS

Heat loosens grip on eastern U.S.

Hot. Temperatures in Midwest to East Coast drop nearly 15 degrees, followed by thunderstorms that knock out power

The heat that blanketed much of the U.S. began to ease up from unbearable to merely very hot Sunday as temperatures from the Midwest to the East Coast dropped from highs above 100 degrees Fahrenheit (38 degrees Celsius) down to the 90s F (low to mid 30s Celsius).

Cooler air swept southward in the eastern half of the country, bringing down some temperatures by 15 or more degrees Fahrenheit from Saturday's highs, which topped 100 F (38 C) in cities including Philadelphia, Washington, St. Louis, Indianapolis and Louisville.

For many areas, the cooler temperatures were ushered in by thunderstorms that knocked out power to thousands. In New Jersey, a line of strong, fast-moving storms knocked out power to nearly 70,000 on Saturday night. The heat of the past several days has also been blamed for at least 35 deaths across the country. THE ASSOCIATED PRESS

High heels hit a new low on Moscow road

A young woman falls down as others run in the Glamour high heels race in downtown Moscow on Saturday. Participants in the high-heel run were challenged to race 50 metres in stilettos of at least nine centimetres. MISHA JAPARIDZE/THE ASSOCIATED PRESS

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'God particle'. Pakistan shuns physicist because of his religious beliefs

Pakistan's only Nobel laureate helped develop the theoretical framework that led to the apparent discovery of the subatomic "God particle" last week, yet his legacy has been largely scorned in his homeland because of his religious affiliation.

It's a sign of the growing Islamic extremism in his country.

Adbus Salam, who died in 1996, was once hailed as a national hero for his pioneering work in physics and work that guided the early stages of Pakistan's nuclear program. Now his name is even stricken from school textbooks because he was a member of the Ahmadi sect that has been persecuted by the government and targeted by Taliban militants, who view them as heretics. Salam and Steven Weinberg, with whom he shared the Nobel Prize, independently predicted the existence of a subatomic particle now called the Higgs boson, named after a British physicist who theorized that it endowed other particles with mass, said Pervez Hoodbhoy, a Pakistani physicist who once worked with Salam. It is also known as the "God particle" because its existence is vitally important toward understanding the early evolution of the universe. THE ASSOCIATED PRESS

Quoted

"The way he has been treated is such a tragedy."

Pervez Hoodbhoy, a Pakistani physicist who once worked with Salam

Spain. Police break up stolen art ring, arrest 9

Spain's Interior Ministry says police agents have broken up a forged art ring and arrested nine people on suspicion of producing fake works by famous painters to sell them illegally on the black market.

Investigators made the arrests in the Spanish cities of Madrid, Cordoba and Albacete and seized 60 fake paintings attributed to artists including Francisco Goya, Pablo Picasso and Joaquin Sorolla, a ministry statement said. THE ASSOCIATED PRESS

Pictured is a forged Joaquin Sorolla oil painting. THE ASSOCIATED PRESS

Libya's election hints Islamism won't be Arab Spring's legacy

Possible precedent. Western-leaning parties seem to be leading the polls in country's biggest cities

Libya's first nationwide elections in nearly five decades brought hints Sunday of an Arab Spring precedent: Western-leaning parties making strides over Islamist rivals.

While final results from Saturday's parliamentary election could still be days away under a two-tier selection system, unofficial and partial counts from Libya's biggest cities suggested liberal factions were leading the Muslim Brotherhood and their Islamist allies.

If the Libyan trend holds — which is still far from certain — it would challenge the narrative of rising Islamist power since the fall of Western-allied regimes from Tunis to Cairo. It also could display the different political dynamics in Libya, where tribal loyalties run deep and groups such as the Muslim Brotherhood at times co-operated with the rule of Moammar Gadhafi.

"Anyone with past ties with old regime is hated, even despised," said Fathi al-Fadhali, a pro-Islamist Libyan political analyst who lived in exile for 30 years. "Any political names associated with the regime are immediately politically burnt by that association."

Ultimately, the 200-seat parliament will face the task of forming a government — which could become tests of strength for Islamists and secular forces over questions such as women's rights, the extent of traditional Islamic law and relations with the U.S. and other Western nations that helped bring down Gadhafi. THE ASSOCIATED PRESS

Muslim Brotherhood

Perceived Gadhafi ties mar chances

Unlike Egypt — where the Muslim Brotherhood was seen as an alternative to Hosni Mubarak's authoritarian rule — its brethren in Libya must confront a reputation as compromisers with Gadhafi. A former rebel commander, Fadllah Haroun, called it 'their black past.'

Gadhafi's powerful son, Seif al-Islam, forged deals with the Muslim Brotherhood and allies in efforts to pave the way for his eventual rule.

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100th Calgary Stampede off to a galloping start

A young cowboy loses his hat as he rounds up wild ponies following the wild-pony ride during rodeo action at the Calgary Stampede on Saturday. This is the 100th anniversary of the Stampede, which runs for 10 days featuring rodeo action, chuckwagon races, a midway, agricultural exhibits and livestock competitions. JEFF MCINTOSH/THE CANADIAN PRESS

Liberal party. Trudeau says he's still mulling leadership bid

Liberal MP Justin Trudeau looked very much like a man intent on seeking the leadership of the federal Liberal party as he donned a cowboy hat, boots and jeans and pressed the flesh at a Calgary Stampede pancake breakfast Saturday.

Trudeau worked his way down the long line of pancake enthusiasts at a Liberal breakfast, speaking to each individual and posing for photos.

While the Montreal MP and eldest son of former prime minister Pierre Trudeau told the media his actions shouldn't be mistaken for campaigning, he acknowledges that running for the leadership is very much on his mind.

"I have to make sure I have the substance I bring forward and you guys will find out at the end of the summer, beginning of fall, if I've decided and not before," Trudeau said.

Justin Trudeau at the Stampede. JEFF MCINTOSH/THE CANADIAN PRESS

A poll from The Canadian Press Harris-Decima released last month suggests 33 per cent of Canadians would be likely or certain to vote Liberal with Trudeau at the helm.

"I'm aware that there's a certain popularity factor out there but that's not the centre of any decision I have to make," he said. "The centre I have to make is a very personal one." THE CANADIAN PRESS

Death toll tops 170 in Russian floods

Black Sea region. President Putin orders investigation into whether enough was done to protect citizens

Russia's president moved quickly to address anger over the deaths of at least 171 people in severe flooding in the Black Sea region that turned streets into swirling muddy rivers and inundated thousands of homes as many residents were sleeping.

Vladimir Putin, who was criticized in past years for a delayed or seemingly indifferent response to disasters, flew to the region in southern Russia, committed to showing he was taking charge of the situation.

He ordered the head of Russia's investigative agency to establish whether enough had been done to warn people about the floods. Federal prosecutors also said they were investigating whether the population had been properly protected from "natural and technological catastrophes."

Russia has seen a series of natural and man-made disasters in recent years, many of them blamed on aging infrastructure or lax safety rules.

The Interior Ministry said Sunday that 171 bodies had been recovered, 159 of them in and around Krymsk and 10 in Gelendzhik, including five who were electrocuted after a transformer fell into the water. The majority of the dead were elderly who were unable to escape the sudden deluge.

THE ASSOCIATED PRESS

Elsewhere ...

In India, the death toll has risen to 121 as damage mounts from monsoon floods that devastated the northeastern state of Assam.

- About half of the 2.2 million people who were displaced remain in makeshift shelters or with relatives or friends.
- The central government has offered $90 million US in aid to the agricultural state, where at least 627,600 acres of rice fields and other crops have been affected.

A local resident stands at a flooded house in Krimsk, Russia, on Sunday. IGNAT KOZLOV/THE ASSOCIATED PRESS

Rescued aid worker taking break

Canadian Steven Dennis, 37, arrives by helicopter at Wilson airport in Nairobi, Kenya, on July 2. KHALIL SENOSI/THE ASSOCIATED PRESS

A Canadian aid worker who was kidnapped in Kenya says he's taking some time off to think about the future.

Steven Dennis, 37, was one of four workers kidnapped June 29 and rescued in Somalia just days later.

The Toronto man told a news conference Sunday that he's grateful for the rescue effort.

Dennis says kidnappings are one of the risks of aid work and he will re-evaluate whether he wants to continue taking that kind of risk. He's taking a few months off and not making any plans.

The four workers were rescued last Monday after three days in Somalia, when authorities swooped down on the group, killing one kidnapper.

Also kidnapped and rescued were Qurat-Ul-Ain Sadazai, 38, of Gatineau, Que., Astrid Sehl, 33, of Norway, and Glenn Costes, 40, a Filipino, who was shot and injured during the initial kidnapping. THE CANADIAN PRESS

Afghanistan. Donor nations promise aid will stay after troops leave

Canada and other major donors sought to assure Afghanistan that development aid will not dry up when foreign troops leave the country by pledging billions of dollars through 2015, on the condition the money is not squandered through corruption or mismanagement.

The country is highly dependent on foreign aid, and there is concern Afghanistan could descend into chaos if the government cannot support itself after most NATO troops withdraw in 2014.

Donors from around 70 countries and organizations pledged $16 billion in development aid for Afghanistan on Sunday at a one-day conference in Tokyo. Canada will contribute an extra $227 million in development aid between 2014 and 2017. THE CANADIAN PRESS/ WITH FILES BY THE ASSOCIATED PRESS

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Taxman's pilot project exposes unreported tips

Canada Revenue Agency. Auditing blitz in Ontario finds 'surprising amount' of unreported income by restaurant staff

A blitz by Canada Revenue Agency auditors on an unfortunate group of waiters and waitresses in one Ontario community has exposed "very surprising" amounts of unreported tips and gratuities.

The pilot project targeted 145 servers working in just four restaurants in St. Catharines.

Auditors reviewed two years' worth of income and found that every individual had hidden some portion of their tips from the taxman, with about half reporting no tips whatsoever.

In the end, the blitz flushed out $1.7 million in unreported tips and gratuities — almost $12,000 for each person.

"Our results indicate that tips are more likely to be 100 per cent to 200 per cent of ... wages. In essence, they are only reporting five per cent to 10 per cent of earned tips/gratuities," says an internal report on the project.

The auditors conclude: "The amount of unreported income was very surprising."

The Canadian Press obtained a heavily censored copy of the 2010 report under the Access to Information Act, after an 18-month delay by the Canada Revenue Agency that violated legislated deadlines.

The St. Catharines' blitz was among dozens of pilot projects across the country that targeted the underground economy, estimated to be worth as much as $36 billion in 2008, according to a Statistics Canada study prepared for the revenue agency.

The other projects, which also reported in 2010, focused on the trucking industry, house-flipping, electronic sales suppression or cash-register zapping — even Quebec's maple-syrup industry.

The tax agency has long known that the hospitality industry is rife with tax-reporting abuse, partly because tipping is often done using cash.

THE CANADIAN PRESS

Underground economy

The Statistics Canada study, using macro-economics rather than direct measurements, estimated undeclared tips were worth some $1.3 billion in 2008 — a small fraction of the underground economy.

- A spokeswoman for the Canada Revenue Agency said officials are still reviewing the pilot project before deciding next steps.

The fabric of China's fortune

A worker lays out fabric at a furniture manufacturing factory in Zhanjiang, China. The city in Guangdong province, the heart of China's export-driven manufacturing industries, reflects the conflict between the Communist Party's need for a robust private sector and its determination to build up state-owned companies. The backbone of the local economy is private factories that employ thousands of people making furniture and traditional Chinese medicines or processing seafood. ANDY WONG/THE ASSOCIATED PRESS FILE

Tax overpayment

AIG sues U.S. feds for $30.2 million

American International Group, the insurance giant saved by a massive federal bailout, wants some tax money back — from 1991.

AIG is suing in Federal Claims Court in Washington for $30.2 million US. It says that's how much interest is owed from an overpayment 21 years ago.

AIG said it underpaid taxes from 1997 to 1999. But it said the government owes the company interest for an overpayment in 1991. THE ASSOCIATED PRESS

Retail

Target Canada gets go-ahead

Ottawa has approved Target's plan to enter the Canadian market.

The U.S. retailer's plan to open stores in Canada was reviewed under the Investment Canada Act to ensure the store's shelves will have enough homegrown content. The company has committed to sell uniquely Canadian cultural products in its Canadian stores.

THE CANADIAN PRESS

Banks permitted to choose dispute body

The Canadian government is proposing a set of new standardized rules to govern how complaints against big banks are handled, but Ottawa is formally giving banks permission to pick who will hear customer disputes.

The new rules follow the departure of the Royal Bank in 2008 and Toronto-Dominion in 2011 from having complaints heard by the federally appointed Ombudsman for Banking Services and Investments (OBSI) in favour of ADR Chambers, an independent dispute settlement service.

Although there was no specific regulation on the point, the government will now formally allow other private agencies to enter the field of adjudicating consumer complaints as long as they meet certain standards.

Critics were quick to pounce on the announcement.

The Public Interest Advocacy Centre called the regulations weak and said they would could "destroy" OBSI since rivals more to the banks' liking are likely to emerge.

Tyler Fleming of the OBSI said the original intent of establishing a dispute settlement system in 1996 was that it would be heard by one body, noting criticism that allowing competing services encourages a "race to the bottom" on standards.

Finance Minister Jim Flaherty
THE CANADIAN PRESS

Under the new framework, expected to come into force following a 30-day consultation process, dispute-settling bodies must be federally approved and will come under the supervision of the Financial Consumer Agency of Canada.

They will also be required to make their decisions sooner and meet standards of independence and transparency.

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SUMMER'S ROWDIES HAVE THEIR PLACE

DEREK MOSCATO
vancouver@metronews.ca

This year's seemingly late arrival of summer to Vancouver's shores should give most of us reason for pause. Now that we are enjoying an overdue stretch of warm weather, how do we milk it for all it's worth between now and Labour Day?

But perhaps the question should be reframed. When our two months of fun are over, how do we instead set ourselves up for a swift and painless transition to September, when work, school and the inevitable fall weather take over from the barbecues, pints on the patio and beach volleyball games? The answer is easy: Absorb all that summer has to offer, including the good and the bad, but especially the ugly.

Camping underscores this point. Two summers ago, our family joined some friends in enjoying the idyllic shoreline and scenery at Cultus Lake, a popular destination.

Soak up the summer fun

At an outdoor football game I attended last summer, my takeaway memory was not the final score but of an inebriated fan actually falling from the bleachers and landing right on top of me. I am still emotionally scarred.

But the provincial campground where we pitched a tent, I came to learn, attracted a unique genre of camper, the kind who emerges from his RV copping a bad attitude and a potty mouth fuelled by angst and alcohol.

While we roasted marshmallows at night, our extroverted neighbour engaged in a long-winded shouting match with the park ranger — and eventually earned a noisy visit from the local police detachment. So much for peaceful star gazing. The upside to this: I was only too happy the next day to pack my tent and return home.

Speaking of evening activities, it's hard to let summer pass without visiting one of Richmond's exciting night markets. The culinary pleasures to be had — including various grilled meats, fried octopus balls, and dim sum — are only matched by the atmospheric sounds of Cantonese pop music, the whirring of electronic gadgets and the laughter of children who are up way past their bedtimes.

But the markets are also home to one of the most unnerving of rituals: the parking of the car. This can mean joining a claustrophobic parade of vehicles to some overcrowded or far-flung lot.

This quest for parking can be more stressful — and insanely expensive — at our summer music festivals, firework shows and professional sporting events. And these summer spectacles also come complete with risk of sunburn and exposure to rowdies.

At an outdoor football game I attended last summer, my takeaway memory was not the final score, but of an inebriated fan actually falling from the bleachers and landing right on top of me. I am still emotionally scarred.

And yet I keep coming back for more. We all do.

Perhaps it's the stress, the antics and the moments of lunacy that make summer memorable. Or maybe not. At the very least, they help ground the seasonal euphoria that would otherwise make the rest of our year unbearable.

Slipping on the bars

Olympic gymnasts in a sticky situation

As the U.S. men head off to their final training camp before the London Olympics this week, several gymnasts will be toting plastic bears filled with honey. Or bottles of Karo syrup.

Really. And no, it's not for breakfast.

Some of the equipment can be as slick as ice, and gymnasts have had to get creative in order to keep a grip on things.

"You start slipping off the parallel bars and you're like, 'How do I hold onto this?'" said Jonathan Horton, a two-time medallist in Beijing.

For most, honey does the trick. Others use syrup. Whatever the sticky substance, they rub it on their hands, run their hands along the bars and then cover both with a layer of chalk. (The women have a similar routine on uneven bars, though most just spray water on them and then dust them with chalk.)

THE ASSOCIATED PRESS

Weren't you ever told ...

STÉPHANIE KILGAST/PETITPLAT.FR

... not to play with your food?

Diminutive dinner

Micro meals make for masterful art

These delicious-looking platters look like tasty tiny treats, but, in truth, it's for your eyes only: They're made of clay. Stéphanie Kilgast, a 26-year-old French artisan from Vannes, Brittany, in northwestern France, has been making minuscule works of "food" since her childhood. Metro chatted with Kilgast about her appealing art.

METRO

Kilgast explains ...

- **How it's done.** "I sculpt using polymer clay and then bake the designs in the oven. The actual sculpting can be quick, but the composition can take some time. Very simple dishes can be done between 30 minutes and two hours."
- **It looks so life-like.** "I'm obsessed about the quality. I will rework certain items over and over again until I'm happy. I always work with pictures of real food and sometimes the real food just beside me."
- **Biggest problem.** "I get hungry! That can be problematic."
- **How it started.** "When I was a child, I did miniature food for my dolls, and have always been into arts and crafts. Later, when I was still studying architecture, I was supposed to work for the summer, but didn't find a job, so I went to my parents for seven weeks. After two days, I got bored and searched the web to find a new craft. I stumbled upon miniature food, and that intrigued me again. I started a few hours later, and never have stopped since then."

Tasty number

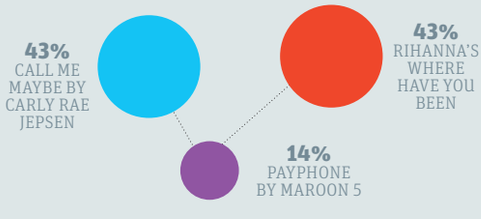
2

centimetres is the typical size of one miniature food dish. That's roughly the size of a regular post-age stamp. Kilgast is currently working on a tutorial book on how to cook up some appetizing-looking "food."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's 2012's song of the summer?



Twitter

@joejonas: What's up Vancouver!

@JonasWorldFeed: Hope everyone seeing @joejonas today in Vancouver has a great time!

@forevercanuck: LUUUUUUUUUUUU! #Canucks (Why the random Lu? Because #Luongo deserves extra Luuus for every jeer he's heard from unappreciated "fans")

@MidwayJustyna: Luongo in response to playing in Chicago and Chelsea dagger : "I like that song, it's catchy. One game I heard it seven times."

@lanaeagle2: The most amazing views flying from Vancouver to Fort St. John. The mountains were spectacular! Ah Canada!

@carsonmckee: Remember when #Vancouver had an #NBAteam and an #Indy? WTF?!?

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SCENE

Box office

Spider-Man climbs to top of box office

Your new friendly neighbourhood Spider-Man has spun himself a $65 million opening weekend and $140 million in his first six days at U.S. theatres. Worldwide, The Amazing Spider-Man has climbed to $341.2 million. The movie started off as a smaller domestic moneymaker than the previous three Spidey films, but it laid to rest objections that it was too soon to relaunch the superhero franchise. The new origin story for the Marvel Comics web-slinger comes just five years after Tobey Maguire and Sam Raimi's Spider-Man 3. Oliver Stone's drug-war thriller Savages opened at No. 4 with a solid $16.2 million weekend. The concert film Katy Perry: Part of Me failed to pack in the pop star's fans, debuting far down the chart with just $7.2 million.

THE ASSOCIATED PRESS

On the web

Canadian filmmaker wins directing prize at Karlovy Vary film festival

Chris Klein plays Oz in the American Pie franchise. GETTY IMAGES

Chris Klein is one lucky guy when it comes to American Pie

No cringe-worthy scenes. While the rest of the cast has found their characters in some compromising scenes, Klein's Oz has escaped unscathed

Jim cosied up to pie, Michelle dropped her band-camp flute bomb, Finch romanced Stifler's mom, and Stifler had a whole host of sight gags.

But in the history of the American Pie comedy film franchise, fellow character Oz hasn't done anything terribly embarrassing, much to actor Chris Klein's relief.

"I kind of feel like in this franchise I dodge a bit of a bullet playing Oz, because he doesn't necessarily get himself into the real zany humour of the whole thing," Klein said in a recent telephone interview.

Still, Klein did have to learn a "ridiculous hip-hop dance routine" for American Reunion, which comes out on DVD, Blu-ray, and on demand on Tuesday. The scene involves Oz, the former high-school jock and choir member, going on a televised dance competition.

Klein said when directors Jon Hurwitz and Hayden Schlossberg pitched the idea to him over lunch, he laughed so hard people from other tables were staring at him.

"I really went for that in a very, very big way."

But not so big that he's brought those new moves to the dance clubs, he noted.

"Listen, I keep my dancing strictly for the comedy set lest I set myself up for massive amounts of mockery, because one thing I learned about hip-hop dancing is that a six-foot-tall, 205-pound man has no business doing hip hop, especially at 32," said Klein.

"Maybe at 22 I might've been able to pull it off, but hip hop is a young man's game and I will definitely sit on the sidelines when it's for real."

In American Reunion, all the characters from the hit original 1999 film come together for one wild weekend at their Michigan high school.

"To be a part of something that has transcended three generations of fans is such an incredible thing and I would definitely be stoked to do it again," said Klein.

THE CANADIAN PRESS

Reunion

The pie that binds them together

American Reunion is one of three sequels in the franchise after American Pie 2 and American Wedding. The franchise also has four spin-off films.

Chris Klein said he and his castmates from the original '99 film have remained "incredibly close" over the years and have a "very cohesive, incredibly unique relationship and bond based on these movies."

He wasn't in American Wedding, so this latest film marked the first time he got to work with the Pie crew in over a decade.

"These are men who I cannot see for however long and when we come back together, whether it be for a dinner that we had planned or whether it be for another movie in the American Pie franchise, we pick up right where we left off, like no time has passed at all," said Klein.

Comic-Con: The ultimate mecca for geeks

Football fans have the Super Bowl. Soccer enthusiasts have the World Cup. Cinephiles have the Academy Awards.

For pop-culture lovers —the self-professed geeks and nerds who delight in fantasy-inspired fun from anime to zombies — there is Comic-Con, the Olympic-sized celebration of movies, TV, video games, costumes and pop art that began as a humble comic-book convention 43 years ago and is now an annual marketing extravaganza.

From Thursday to Sunday, more than 100,000 pop-culture aficionados will flood the San Diego Convention Center in San Diego, Calif., showing off their Storm Trooper suits, playing yet-to-be-released video games and attending panels featuring A-list filmmakers like Peter Jackson and such hot TV shows as Game of Thrones.

But first comes Wednesday's "preview night." Available only to those who bought four-day passes to the sold-out convention, the showing is decidedly low tech, yet high end: it's all about collectible toys. On display will be special-issue, limited-edition playthings and books made just for the pop-culture fest.

These include not only the unique freebies that various booths are giving away, but also coveted collectibles.

THE ASSOCIATED PRESS

The best of Comic-Con might be on Wednesday's 'preview night' where four-day pass holders get first peek at the collectibles. THE ASSOCIATED PRESS

Who are the collectors?

Most toy collectors are men ages 25 to 40, though women are getting into the hobby in growing numbers, says Scott Neitlich, a marketing manager at Mattel. "It's not just about the physical price of the product, but the emotional connection each collector has about what figures they've decided to include," he says. "It's people who grew up in the '70s and '80s who now have disposable income to recapture their youth."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Humphries stands alone

THE WORD
Monica Weymouth
Metro World News in New York

It seems everyone has had enough of Kris Humphries. After reports that his Kim Kardashian rebound, ex-girlfriend Myla Sinanaj, is pregnant, his publicist dropped him as a client.

"They went different ways because Kris was becoming too much to handle. These stories about him (dating) girls would pop up (in the press), and he'd deny it — then it would turn out to be true," a source tells Life & Style.

"Kris tries to put on this innocent, good-hearted image, but as you get to know him, it just doesn't turn out to be true."

Unfortunately, being a scheming drama queen won't get you fired from this page. Kris, buddy, we'll check in tomorrow.

Want to hang at home with Gwen Stefani?

After fellow celebs George Clooney and Sarah Jessica Parker invited the Obama campaign over for a party, Gwen Stefani is hosting a Family Fun Day at her home with Michelle Obama. For $1,000, a family of four can head over to enjoy some "child-friendly campaign fun" at her L.A. mansion on August 12.

Does this include playing dress up with her No Doubt wardrobe? If so, completely worth it — and dibs on that polka-dot Don't Speak dress.

Cruise lays low while speculation swirls around divorce case

While estranged wife Katie Holmes has been out and about in New York City since filing for divorce, Tom Cruise has been lying low.

"It's not Tom's style to do this publicly. He is really sad about what's happening," his lawyer, Bert Fields, tells BBC News. "We are letting 'the other side' play the media until they wear everyone out, and then we'll have something to say."

Cruise is expected to file his own divorce papers in response to Holmes' filing, in which she requested sole legal custody of their 6-year-old daughter, Suri.

"Tactically, we can't say where Tom will file a divorce case and if he'll be seeking joint custody of Suri," Fields says.

Katie Holmes. ALL PHOTOS GETTY IMAGES

What do Katie, Nicole and Mimi have in common — besides Tom Cruise?

Some eagle-eyed gossip-watchers have noted that all of the actor's wives — Mimi Rogers, Nicole Kidman and now Katie Holmes — have called it quits with him at the age of 33.

Just an odd coincidence? Maybe not. In a recent survey conducted by British social-networking site Friends Reunited, 70 per cent of respondents over the age of 40 claimed they weren't truly happy until they turned 33.

"By this age innocence has been lost, but our sense of reality is mixed with a strong sense of hope, a 'can-do' spirit, and a healthy belief in our own talents and abilities," psychologist Donna Dawson says in the survey's findings.

Justin Bieber

Biebs blames his need for speed on pursuing paparazzi

Justin Bieber's need for speed got him in a bit of hot water late last week when he was pulled over and cited for going more than 100 miles per hour in his $102,000 Fisker Karma sports car on the 101 freeway through the San Fernando Valley, says E! News.

But he apparently wasn't just out for a joy ride, as Bieber reportedly told California Highway Patrol officers that he was evading pursuing paparazzi.

Whether or not that's true, his driving clearly frightened other drivers, including L.A. City Councilman Dennis Zine. "It was a very dangerous, chaotic situation," Zine tells E! "When he passed me, he was … driving in a careless, reckless fashion."

Twitter

@RedHourBen
Watching Die Hard W/ a Vengeance on broadcast TV. "Yippy-ky-yay MY FRIEND" doesn't quite pack the same punch.

@MissKellyO
Really? The a-hole in front of me almost knocked me out putting her seat back Might get a black eye Im going 2 kick her seat all the way to LA

@Joan Rivers
I love performing on Cape Cod!!! It's the most popular tourist destination for gay men, if you don't count John Travolta's hotel room.

@ConanOBrien
Justin Bieber's new album is not selling as well as expected. Think how bad it would be doing if I hadn't bought 50,000 copies.

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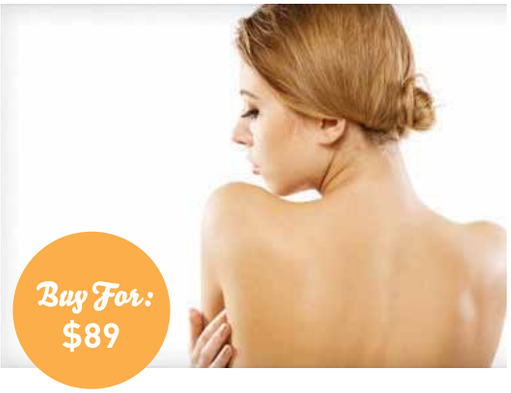

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Clean up

No Popsicle mess

Popsicles are great in the summer, but they can be super messy. Combat this by cutting a little slit in the middle of a cupcake liner and then slipping the Popsicle stick through the slit. The cup will catch all of the drips! KAREN HUMPHREY, YUMMYMUMMYCLUB.CA

Catching the drips is simple with a cupcake liner. ISTOCK

Iced coffee fix

Great to last sip

Does your iced coffee start out perfectly brewed but then rapidly become nothing but a glass of mostly water thanks to those pesky melting iced cubes?

Try making your ice out of coffee instead of water!

Brew your coffee, pour it into ice cube trays and freeze. When you pop the coffee cubes into your iced coffee, your drink will maintain its full strength as you sip away.

Keep plenty of coffee cubes on hand in your freezer to keep you going all summer long! JEN CHARRON, YUMMYMUMMYCLUB.CA

Avoid watered down ice coffee with coffee ice cubes. ISTOCK

It's DIY childrens' meals

Baby food. Making your little one's food doesn't have to be all that intimidating

SARAH DEVEAU
yummymummyclub.ca

Making your own baby food is quick, cost-effective and rewarding. All you need is a blender or food processor, a steamer basket and ice cube trays.

Pick up a few vegetables and fruits — broccoli, carrots, cauliflower, peas, sweet potatoes, apples, mango. Anything except citrus fruits will do.

Clean and peel the food, steam it in separate batches, and then puree it in a blender or food processor until it is smooth. Spoon the purees into ice cube trays, cover with plastic wrap and freeze. Once frozen, dump the cubes into labelled freezer bags. They'll keep for up to three months.

In less than two hours, you can make enough food for baby for a month.

To prepare food from frozen, remove the required cubes and thaw them overnight in a small container in the fridge. Initially, baby may only eat half a cube or less, but will soon move up to a cube or two or more of different foods.

Making your own baby food will trim between $10 to $15 a month off your food budget, or more as baby consumes more. Quality and taste are also among the reasons most parents give for making their own baby food. By making your own baby food, you'll have greater control over what your children eat, and their taste buds can be exposed to foods the rest of the family already enjoys.

You'll also make fewer trips to the grocery store, saving yourself the hassle of lugging home and then recycling all those little jars.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Making baby food at home only requires a few tools. ISTOCK

Essential tips

- **Safety.** Practice safe food-handling procedures.
- **Brush.** Scrub fruits and veggies very well with a vegetable brush.
- **Mashing.** Soft fruits like bananas need only be mashed. Hard fruits should be cooked first.
- **Less is more.** Don't add salt and sugar.

Activities

Get their hands dirty

Summer is about memories and exploration. Mess can help to remove inhibition and allow kids to learn more about themselves.

Let them get messy!

Body painting with pudding
Pudding is edible (obviously!), which is both yummy and safer for young ones who get right into sensory activities with all their taste buds!

Mud pie madness
Whether it's splashing in an old-fashioned nature-generated mud puddle or self-creating one with water and dirt, mud is a joy of childhood that should not be missed. Dirt can be squished and built into structures like sand castles.

Finger painting foolin'
One of our favourite things to do is create massive murals with finger paint. Roll out long rolls of paper outside and tell your children to create a masterpiece. Look around the garden for natural inspiration and paint with a pinecone or stamp with a dandelion head — experiment. And, get messy!

MOMSTOWN

You're six tips away from better family photos

Your kiddos are finally not screaming.

You grab your camera and think, "I only get one shot. Once they hear that little 'click,' the calmness turns to chaos." You take a chance — click — chaos ensues.

Sadly though, your picture isn't quite how you imagined it. Maybe it is too dark or too bright or it's all fuzzy. Let's fix that.

Here are some tips and tricks to taking better pictures of your kiddos:

Always be prepared
Having your camera with you at all times (with totally charged batteries and empty memory cards) is key.

You never know when those "special moments" will happen!

One rule for most photographers is quantity then quality. Take lots and lots of pictures to ensure that you get one that is just right.

Make a date with your camera
Set aside some time to go over the manual and the camera together. Read and practice at the same time.

Knowing how your camera works always helps when you want to take a picture.

Find the light
Photography is all about lighting and finding the best light is key to getting amazing images.

For most photographs, you want soft lighting. To avoid shadows popping up in images, make sure that there are no bright sunbeams shining onto your subject.

When you are outdoors, find some open shade instead of direct sunlight. This will make a world of difference in your final images.

Take the time to focus
It is imperative that you take the time to focus on the image you want to capture.

On most cameras this means pushing the shutter button half-way and letting the camera do its thing.

Once you're happy, push the button the rest of the way down and wait until you hear the click.

When focusing for portraits, make sure that your focus point is placed on the subject's eye.

Think outside the box
Once you find the best light for the image you're looking to get, just get your subject in it and YOU do the moving around.

Get lots of different angles and don't be afraid to think outside the box. Sometimes an off-centre image is more intriguing than a straight-on one.

Variety is important
When you look back at your images you want to remember all the tiny details about your little one, you also won't want all your images to look the same.

Don't forget about babies' little feet and hands, tiny noses, and squishy lips!

NICOLE HERDMAN, YUMMYMUMMYCLUB.CA

3 LIFE

Battle the heat

Places to cool down the kids

It's summer in Canada — and it's hot! Here are some cool places to take hot kids:

1. The public library. It's cool and free. It also has a great kids section of books, colouring books and magazines. It even has reading time drop-ins.

2. Mall walking. Stroller walking a mall is great exercise (and it's air conditioned).

3. Play date. Have a buddy over to play. Break out the sprinkler, buckets of water or the baby pool.

4. Crafts in the cool basement.

5. Swim in the bathtub. Cool the hot kids off with a swim in the bathtub. It takes the chore of a bath and turns it into fun when you do it in the middle of the afternoon, while wearing a swimsuit!

And remember, whether you stay home or go out — drink lots of liquids (both you and the kids) to keep hydrated.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

On the Web

Early full-term babies may face later academic woes; more time in womb is better, study says

Give the traditional burger a Mediterranean makeover

This recipe serves four and takes less than 30 minutes to make. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Giving Mediterranean flavour to a traditional burger is perfect for a summer barbecue. The sauce is a must and if you want a bun, go for a multigrain one.

1. Burgers: Combine the ground beef, egg, dried basil and oregano, bread crumbs, ketchup, garlic, onion and feta in a large bowl and shape into 4 burger patties. Grill or sauté in a pan lightly coated with cooking spray. Cook on 1 side for 7 minutes, then turn over and cook 3 to 5 more minutes or just until beef is done.

2. Combine all the sauce ingredients in a food processor and purée until smooth.

3. Serve the burgers with the sauce and garnish with fresh basil or parsley. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

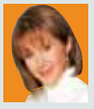
Ingredients

Burgers
- 1 lb extra-lean ground beef
- 1 egg
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 3 tbsp seasoned dry bread crumbs
- 3 tbsp ketchup
- 2 tsp finely chopped garlic
- 1/4 cup finely chopped onion
- 1/4 cup crumbled feta cheese

Sauce
- 1/4 cup crumbled feta cheese
- 1/4 cup light cream cheese, softened
- 3 tbsp low-fat plain yogurt (or sour cream)
- 1/2 tsp finely chopped garlic
- 1 tbsp lemon juice
- 1 tbsp water
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil or parsley (for garnish)

Healthy eating

Choose it and lose it



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Everyone loves heading to Dairy Queen for sweet treats. Believe it or not, some are actually healthier than others.

Dairy Queen hot fudge shake (med)

770 calories/ 29 g fat/ 21 g sat fat/ 96 g sugar

The word "shake" always means you should watch out. Ice cream and excess chocolate sauce gives you half your day's calories and two days' worth of sugar.

Equivalent

One medium Dairy Queen hot fudge sundae is equal to 22 pieces of bacon-wrapped scallops from M&M Meatshop in calories.

Dairy Queen hot fudge sundae (med)

447 calories/ 15 g fat/ 10 g sat fat/ 57 g sugar

The sundae consists of vanilla soft serve with sauce. Try a small or ask for less sauce to make a difference.

It's healthy to walk to school

Reduce your footprint. Canada Walks is raising awareness about the benefits of active transportation

BEN KNIGHT
green@metronews.ca

Be happier, healthier and stress free — take a walk. ISTOCK PHOTOS

Walking to school is simple, healthy and fun. And a large number of Canadian kids never do it.

"Unlike other countries, Canada hasn't paid much attention to the issues that people have when they travel on foot," says Jacky Kennedy, director of Canada Walks.

"At some point in our day, everybody does it, but it's the most under-represented, ignored mode of transportation."

Canada Walks — part of the umbrella organization Green Communities Canada — is trying to raise awareness of the benefits of active transportation — walking, cycling and rollerblading. They're trying to reach the parents of the 41 per cent of children who are routinely driven to school.

"Pretty much what our society has done, over the last 30 years, is we've engineered physical activity out of our children's lives," Kennedy explains.

"Our program targets the 68 per cent of Canadian children who live within a reasonable walking distance of their schools — about one-and-a-half kilometres. Only about 30 per cent of those currently use active travel to get to and from school."

There are a lot of reasons why this is. Parents worry about the safety of their kids, and there's a compelling level of convenience to just dropping your children off at school, and driving on to the rest of your day.

Kennedy counters that this caution and ease has its consequences.

"Children need a minimum of 90 minutes of physical activity a day, and we know that many children aren't getting that. If they walk to school, there isn't a problem with burning off their excess energy."

Canada Walks does detailed assessments of the community surrounding a school. Are the walking and biking routes safe? If so, they organize programs like the Walking School Bus, where groups of children walk home together, accompanied by adults.

Another program is Walk on Wednesday, where as many children as possible are asked to walk to school on the same day. With repetition, parents begin to see the health benefits — and it's hard not to notice a substantial drop in car traffic around their school.

"Parents and kids who are using active transportation some of the time are happier, they're less stressed, they feel healthier and the kids are doing better in school," Kennedy notes.

For more info, visit saferoutestoschool.ca.

By the numbers

68%

Number of Canadian kids who live within walking or biking distance from their schools. Two-thirds of them now get driven to school.

‘We can (have it all), but we still have to make all these changes’

A female fallacy?
Author Anne-Marie Slaughter responds to the 1.2 million readers of her controversial article about women and work-life balance

MICHELLE CASTILLO
Metro World News

Anne-Marie Slaughter GETTY IMAGES

By many standards, Anne-Marie Slaughter — professor of politics and international affairs at Princeton University, former dean of Princeton’s Woodrow Wilson School of Public and International Affairs and former director of policy planning for the U.S. State Department — has had it all. So, when she wrote an article in The Atlantic explaining how women can’t have it all, it sparked a discourse on both sides of the debate.

More than 1.2 million people have come to The Atlantic to read Slaughter’s piece, which has more than 2,000 comments and over 173,000 Facebook likes — making it the most read piece on The Atlantic site, and on track to be the most read ever.

Metro World News spoke to Slaughter about what she wished she clarified in the piece and how other generations might have interpreted the piece in different ways.

As a 25-year-old young professional who wants to have a career, I was intrigued by your article, and I know that a lot of people my age were as well. I noticed that you mentioned that you set it up in the wrong framework in a chat you had later on The Atlantic. Can you explain that a little bit more?

As I keep telling people, this is in part a generational thing. My generation having it all meant, my mother’s generation had no option to work. My mother wanted to go to medical school, and she was told, “You’re going to get married.” That was pretty common.

My generation suddenly had options. We could go to law school and med school, and we could have the careers our mothers could not have, and we could have those careers and you could still have a family. And, that’s what having it all meant.

So when I sent my article around to people of my generation as well as younger women, many of them wrote back and said, “Look your message is women can’t have it all — yet.” In other words, we can, but we still have to make all these changes.

That’s the message I was trying to drive home, which is you can have the same choices that men do. You make those choices that men do, that’s fine, but we need to make the following choices.

And for people my age?

What I see is for another generation, and maybe two more generations after me — Gen X and Gen Y at least — you hear that very differently, right? You don’t understand where it comes from. You can’t imagine a world where women had no options. So to you it sounds like — you know, I think Rebecca (Traister of Salon) was right — it sounds picky, it sounds particularly bad to talk about having it all when so many Americans are in danger of what they have at all. They have much less.

So I think the framework needs to change, but what I said this morning, what I’ve said in tweets and interviews is that it’s not that easy to talk about it. Yes, it’s work-life balance, but it’s still an issue that affects women more than men.

I thought the way to go about having it all is to work as hard as you can, have as much as a career as you can until you reach your late 30s when you can decide to have children and then try to resume your career again when our children are 8, 9 or 10?

Two things: you can’t wait until your late 30s to have kids. You just don’t want to go through what my generation went through. I can’t tell you everything women have written to me after the article to explain that you know that they got to where I got and wanted to have kids. You take a look at what happens after you’re 35 to your fertility. For women like me, who miraculously through IVF (in-vitro fertilization) managed to have my first child and my pregnancy came pretty quickly, but there are women who didn’t.

Even if you can, if there is any way to avoid it, you don’t want to be there, you don’t want to be having to go through and all the shots and technology and feeling pretty desperate at that point. It’s hard to explain to a 25-year-old what a 35-year-old biological clock feels like, but it’s real.

But the second point to your question, every parent I know will say to you in many ways they need you more when they’re teenagers. It’s very hard to believe when your kids are little because you just feel like “Oh my God, they’re so needy. They can’t feed themselves; they can’t bathe themselves.” You have to watch them all the time.

The difference is when they’re teenagers, you don’t have to be with them all the time. Half the time they don’t want to be with you, but they do need the parenting which becomes not about time but about judgment, about how to exercise judgment about what fights to pick and what fights not to pick and when does your kid really need help and when is it normal teenagehood. Let me put it this way: It’s very hard to do that long distance.

So, you know I think ideally, the ideal would be to sort of make it as high as you can and then have kids in your early 30s. Take whatever time you need when they’re young. Different mothers feel different ways about that, but at least hold open the possibility that when they hit their teens that you may well need to take a pause or a lull or a plateau.

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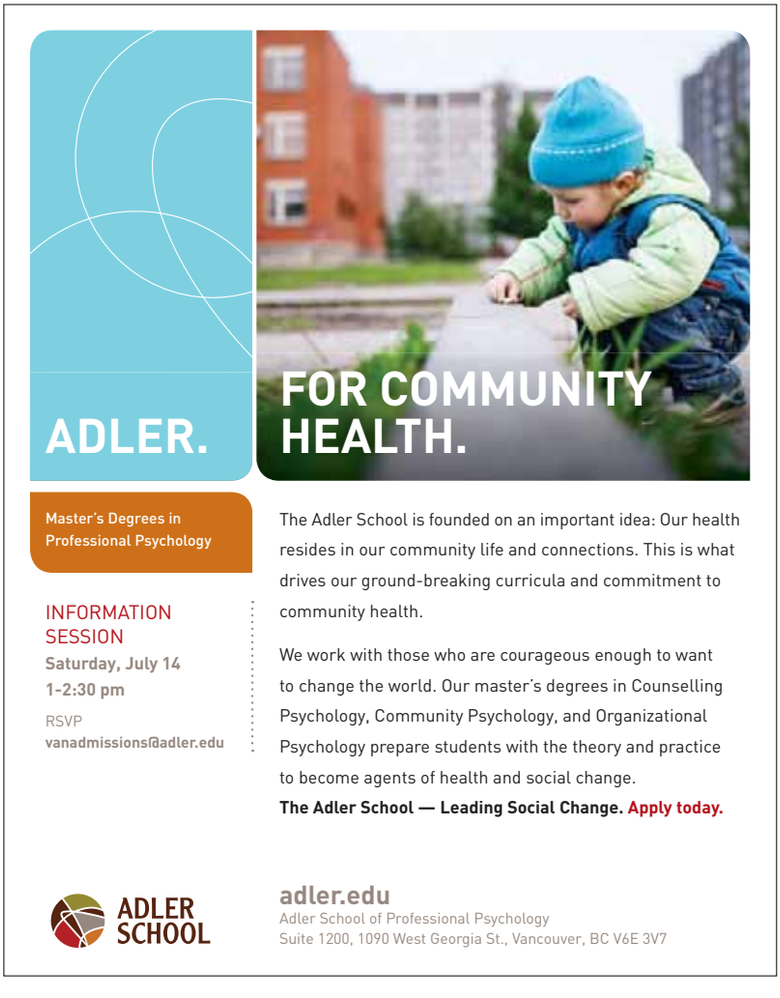
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He's restoring lives one block at a time

Richard Walls, designer and entrepreneur. PROVIDED

Home is where his heart is. Richard Walls has used his designing expertise to do good in his 'hood

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Richard Walls is a visionary entrepreneur who wears his heart on his sleeve.

He's also revitalizing Winnipeg's downtown, one old building at a time, while he gives people who are suffering on the street a new lease on life.

Walls enjoyed a tremendous career as a designer in the hospitality industry.

He also took the lead in restoring Winnipeg's warehouse district and along the way he turned an old hotel on Main Street into 40 rooms of safe and dry housing.

"We took the main floor room and turned it into a drop-in centre for people on the street to come in and get involved in arts and crafts. We found vast majority have mental health issues and are in recovery from drug and alcohol issues. We work with them to give them a more complete life.

I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day.

It's not about making money it's about making a difference in life."

Kindness over cash

"I never thought I'd become a social worker and a designer but my work is more rewarding to me than getting a big cheque at the end of the day."
Richard Walls

Secrets of success

Richard Wall's business tips

- There's nothing better than the apprenticeship model. Start small and get to know the business.
- Understand the people that work with you and deliver your ideas. Rather than be an expert, get your hands dirty and walk a mile in their shoes.
- Have honesty and integrity and remember that it's not about making a quick buck.
- Make sure you can add value to anything you get involved with.
- It's never about the money. Enjoy what you do and it'll never be work.

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Federer back on top

Tennis. Swiss equals Pete Sampras for Wimbledon titles and reclaims world No. 1 ranking

A Grand Slam title drought did indeed end in Sunday's historic and riveting Wimbledon final, only it was Roger Federer's lengthy-for-him gap between trophies that came to a close, rather than Britain's 76-year wait for a homegrown men's champion.

Making sure everyone knows he is still as capable as ever of brilliance on a tennis court — particularly one made of grass, and with a roof overhead — Federer came back to beat Andy Murray 4-6, 7-5, 6-3, 6-4 indoors on Centre Court for a record-tying seventh championship at the All England Club.

"It feels nice," Federer said, clutching the gold trophy only Pete Sampras has held as many times in the modern era. "It's like it never left me."

The victory also increased Federer's record total to 17 major titles after being stuck on No. 16 for over two years, and clinched a return to the top of the ATP rankings, overtaking Novak Djokovic, after an absence of a little more than two years. Federer's 286th week at No. 1 ties Sampras for the most in history.

"He doesn't want to stop now. He knows he's going to continue to play well and try to break seven, and he could very well end up with eight or nine Wimbledons," Sampras said in a telephone interview. "I just think he's that much better than the other guys on grass, and he loves the court the way I loved that court. He's a great champion, a classy champion, and I'm really happy for him."

After a record seven consecutive Wimbledon finals from 2003-09, winning the first six, Federer lost in the quarter-finals in 2010 and 2011, then wasted two match points and a two-set lead against Djokovic in the U.S. Open semifinals last year, raising questions about whether he might be slipping.

"I really almost didn't try to picture myself with the trophy or try to think too far ahead, really," Federer said.

After losing in the semi-finals each of the previous three years, Murray was the first British man to reach the final at Wimbledon since Bunny Austin in 1938, and was trying to become the hosts' first male title winner since Fred Perry in 1936.

Murray dropped to 0-4 in Grand Slam finals, three against Federer. Only one other man lost the first four major title matches of his career: Ivan Lendl, who is coaching Murray now.

While Lendl never did win Wimbledon, perhaps Murray can take solace from knowing his coach did end up with eight Grand Slam titles.

"I'm getting closer," Murray told the crowd afterward, his voice cracking and tears flowing. THE ASSOCIATED PRESS

Women's tennis

Williams hopes for big things

Even at the age of 30, with a two-year gap since her last Grand Slam title and a long list of recent health problems, Serena Williams is hoping she's just getting started on something big.

Williams won her fifth Wimbledon title on Saturday — and 14th Grand Slam overall — to mark the culmination of an improbable comeback. With her health restored and her game back at its best, she's not planning on slowing down anytime soon.

"It's the beginning of a great phase," Williams said after beating Agnieszka Radwanska 6-1, 5-7, 6-2 on Centre Court.

Roger Federer celebrates match point against Andy Murray on Sunday at Wimbledon in England. JULIAN FINNEY/GETTY IMAGES

Peliwo victorious at Wimbledon junior final

Filip Peliwo of Vancouver poses with the trophy after winning the boy's singles final Sunday at Wimbledon . ALASTAIR GRANT/THE ASSOCIATED PRESS

Filip Peliwo made it a clean sweep for Canada in the junior singles finals at Wimbledon.

The 18-year-old from Vancouver beat Australia's Luke Saville 7-5, 6-4 on Sunday to win the boys' crown, a day after fellow Canuck Eugenie Bouchard won the girls' trophy.

The Westmount, Que., native also added the girls' doubles crown on Sunday as she and Taylor Townsend of the U.S. defeated Switzerland's Belinda Bencic and Croatia's Ana Konjuh 6-4, 6-3.

The wins gave Canada an unprecedented three titles at a Grand Slam event. Bouchard's victory in the girls' final on Saturday marked the first time a Canadian has won a singles final at any level at a major.

Quoted

"Guys know that I fight no matter how far down I am. It's worked for me in many situations"
Filip Peliwo

Peliwo, who lost to Saville in the Australian Open boys' final in January, said he used Bouchard's victory in singles as inspiration.

"I wasn't jealous of her title, but it made me ever more hungry, I wanted to have the same feeling for myself and for Canada. I knew it would be a great achievement if we were both champions," said Peliwo, who also lost in the boys' final at the French Open. "The two previous finals that I lost were also big inspirations. I didn't want to lose again but (I) was not letting it get to my head."

Peliwo recovered to win both sets against Saville, coming from 2-5 down in the opener.

THE CANADIAN PRESS

CFL

Roughriders shut down Eskimos

Chris Milo's first-quarter field goal provided the game-winning points and the Saskatchewan Roughriders registered six quarterback sacks in a 17-1 win over the visiting Edmonton Eskimos on Sunday.
THE CANADIAN PRESS

Olympic soccer

Ryan Giggs to captain Britain

Manchester United midfielder Ryan Giggs was named captain of Britain's Olympic team on Sunday, with coach Stuart Pearce turning to David Beckham's former teammate after cutting the Los Angeles Galaxy star. THE ASSOCIATED PRESS

Ryan Giggs THE ASSOCIATED PRESS

MLS

Union dominant in win over TFC

Freddy Adu, Gabriel Gomez and Antoine Hoppenot scored and the Philadelphia Union beat Toronto FC 3-0 on Sunday.

The Union dominated the play from start to finish. THE ASSOCIATED PRESS

Formula 1

Webber makes late pass for win

Red Bull driver Mark Webber won the British Grand Prix on Sunday, overtaking Fernando Alonso late in the race to cut his rival's lead in the Formula One championship.
THE ASSOCIATED PRESS

4 SPORTS

In the money

Aid agency wins $157K after betting on Federer

Roger Federer's seventh Wimbledon title turned into a quite a bonanza for international aid agency Oxfam. Because of a bet made in 2003, the charity won $157,750 US (101,840 pounds) when Federer defeated Andy Murray on Sunday in the Wimbledon final. According to Oxfam, Nicholas Newlife bet that Federer would win seven Wimbledon titles before 2020. When Newlife died three years ago, he left his estate — including some outstanding bets — to the organization. Oxfam says it already claimed $25,920 (16,750 pounds) in 2009 when Federer won his 14th Grand Slam title at the French Open.

THE ASSOCIATED PRESS

Mobile news

Heading into Major League Baseball's all-star break, the Philadelphia Phillies may need more than four days to recover from a dreadful first half. The five-time NL East champions have lost 10 of 11 games and are 13 games under .500 (37-50). And the losing is taking its toll on players and manager Charlie Manuel. Scan the code for the story.

Triathlon. Campbell leads strong Canadian contingent in Edmonton

Canadian triathletes bullied the Edmonton triathlon on Sunday, claiming gold and silver in both the men's and women's races.

Vancouver's Lauren Campbell and Sarah-Anne Brault of Levis, Que., earned the top spots in the women's event, with Bermuda's Flora Duffy taking bronze to prevent a Canuck podium sweep.

Campbell, 30, made a late surge to win the International Triathlon Union (ITU) World Cup event in a time of one hour four minutes 42 seconds. She also scooped up the 2012 Canadian National Champion award after the race.

On the men's side, Kyle Jones of Hamilton, Ont., picked up his first World Cup win in a time of 57 minutes 33 seconds while Alexander Hinton of Kingston, Ont., took silver. American Jarrod Shoemaker rounded out the podium.

The 27-year-old Jones, who's bound for the London Olympics later this month, also earned 2012 Canadian National Champion honours.

This is only the second time Canada has swept the top spots at an ITU World Cup event. Two-time Olympic medallist Simon Whitfield and Carol Montgomery accomplished the feat in 2001.

Edmonton is the ITU's only Canadian World Cup event. Whitfield withdrew from the race on Thursday, citing a hamstring problem. He's training in Victoria ahead of the Olympics.

THE CANADIAN PRESS

Vancouver's Lauren Campbell won the women's race at the Edmonton ITU event Sunday.
ARNOLD LIM/THE ASSOCIATED PRESS/ INTERNATIONAL TRIATHLON UNION

MLB. Blue Jays tee off on White Sox, slide into all-star break at .500

The Toronto Blue Jays got the ball up in the air and then they got out of town with a good feeling in the last game before the all-star break.

The Blue Jays, who'd lost eight of their previous 12, hit four homers Sunday to end the Chicago White Sox's five-game winning streak with an 11-9 victory.

Colby Rasmus and Edwin Encarnacion had two-run homers in the first and Kelly Johnson and Jeff Mathis also connected on a windy day at U.S. Cellular Field when Chicago pitching yielded nine walks.

Toronto now has four days off carrying a record of 43-43.

The first-place White Sox got a three-run homer from Alex Rios and kept pecking away, but couldn't overcome the four-run first-inning deficit and go the all-star break with a 47-38 record and a three-game lead in the AL Central. THE ASSOCIATED PRESS

Quoted

"We're looking forward to getting it done on defence and having a better second half."

Toronto Blue Jays outfielder Rajai Davis, who says the team can't always rely on outslugging its opponents

MLS

DeMerit named to all-star squad

There will be some Canadian content at the MLS all-star game.

The league announced Sunday that D.C. United midfielder and Toronto native Dwayne De Rosario as well as Vancouver Whitecaps captain and central defender Jay DeMerit will be part of the squad taking on English Premier League team Chelsea on July 25 in Chester, Pa.

DeMerit has been instrumental in helping Vancouver to a league-leading nine shutouts and a regular-season record of 8-4-6, good for third overall in the Western Conference standings.

De Rosario has five goals and a league-leading 10 assists so far this year while helping D.C. United achieve first place in the Eastern Conference with a 10-5-3 record. THE CANADIAN PRESS

Ryder Hesjedal, left, is accompanied by Garmin-Sharp teammate Tyler Farrar during the sixth stage six of the 2012 Tour de France on Friday in Metz, France. Hesjedal was involved in a crash and had to pull out of the event the following day. DOUG PENSINGER/GETTY IMAGES

Crashes marring Tour de France

Cycling. Injuries forcing athletes to withdraw from sport's biggest event

It's always been a dangerous proposition to send nearly 200 aggressive top athletes hurtling down a road at 70 km/h, their featherweight bicycles racing mere centimetres apart.

Do it in the Tour de France, cycling's most prestigious event, and it's a recipe for disaster.

And that's what's happened in the 99th edition of the Tour. Seven days into the race, this year's Tour has already been ranked as the most dangerous in decades, with 20 riders, including Victoria's Ryder Hesjedal, pulling out of the three-week event following crashes.

Early race nerves, the stress of needing to get results to justify sponsors' financial investment, and an overcrowded peloton are some of the reasons riders and team directors give when asked to explain the unusual number of crash victims so far in the 2012 Tour.

Sunday morning only 180 of an original 198 riders took off from Belfort for the day's 157.5-kilometre stage across the Jura mountains into Switzerland. Another two, including Olympic champion Samuel Sanchez, abandoned during the race.

Hesjedal, the Giro d'Italia champion, withdrew from the event on Saturday after being injured in a multi-rider crash Friday.

In a statement released by his team, Hesjedal said he was disappointed to abandon the race, ruing the fact that he was in good form and looking forward to reaching the mountains.

"I only took a few days off the bike after the Giro before I started training again, and I have been very focused on doing a great Tour," Hesjedal said. "It's a huge disappointment."

He will now try to recover quickly in order to be ready for the London Games, where he is expected to compete with the Canadian team.

THE ASSOCIATED PRESS

8th stage

Pinot rides away from the pack

Thibaut Pinot gave France its first stage victory in the Tour de France on Sunday while Bradley Wiggins of Britain kept the overall lead.

Pinot broke away from the pack during a steep final climb and captured the 157.5-kilometre eighth stage from Belfort to the Swiss town of Porrentruy. The 22-year-old Frenchman held on during a frenzied chase in the last 10 kilometres, a mostly flat stretch.

THE ASSOCIATED PRESS

IndyCar considering another race in Canada

Ryan Hunter-Reay won the Honda Indy Toronto on Sunday.
FRANK GUNN/THE CANADIAN PRESS

A third IndyCar race in Canada may once again become a reality.

IndyCar CEO Randy Bernard said Sunday that he's happy with the growth of open-wheel racing in Canada and will consider adding another race — perhaps in Vancouver where races were held from 1990 to 2004 — as the series works on next season's schedule.

"I'm never going to rule out an extra race in Canada because I know some people (would) like to see that Canadian triple crown again," he said.

Bernard, who spoke prior to the Honda Indy Toronto, pointed to the emergence of James Hinchcliffe of Oakville, Ont., as one of the reasons Canada may yet see more races. The only other current stop on the schedule is the Edmonton Indy that runs July 22.

"We've got James Hinchcliffe here now and I think that he's an outstanding young guy, and he's the future not only in Canada (but) IndyCar. So I mean he's a guy we want to build," said Bernard.

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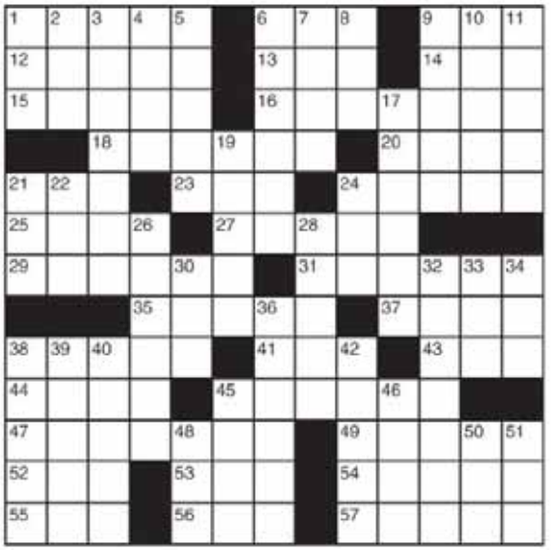
Across
1 Advice
6 Morse morsel
9 Mel of baseball lore
12 1960s jacket style
13 Rangers' play area
14 Spoon-bender Geller
15 Ermine
16 Eerie figure
18 Censors, in a way
20 Chills and fever
21 Robert Mueller's org.
23 Prior night
24 Dalmatian pattern
25 Outer garment
27 "He's — nowhere man"
29 Redeemed a check
31 Hebrew letters
35 Saxophonist's supply
37 "Scat!"
38 Biz bigwig
41 Insurrectionist, for short
43 Toss into the mix
44 Dogfight participants
45 Nab
47 PR event
49 Lessen
52 Started
53 Blackbird
54 Catcalls?
55 Before
56 Understanding
57 Group character

Down
1 Officeholders
2 Trawler equipment
3 Fears
4 Caspian feeder
5 Private student
6 Ladle
7 Pulitzer contemporary
8 Darjeeling, e.g.
9 Expenditure
10 Angler's prize
11 7-Down's paper
17 Campania's capital
19 Duck
21 Govt. agncy.
22 Feathery accessory
24 Frivolous one in an old song
26 Fencing move
28 Museum supporter
30 Conger
32 Old Egyptian ruler
33 Scuttle
34 Turf
36 Visit briefly
38 Syrup flavor
39 Earth tone
40 Crystal-lined rock
42 Point a finger at
45 Traffic pylon
46 Encourage evildoers
48 Squirrel's home
50 Teeter-totter quorum
51 Curvaceous character?



How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			9					
		1		4		7		
		3	7				5	6
2		9			6			3
8								1
7			3			4		5
1	8				5	9		
		4		6		2		
					2			

Friday's Sudoku

4	3	9	5	1	2	6	8	7
6	2	5	8	3	7	4	9	1
1	7	8	9	4	6	3	5	2
8	9	7	3	5	1	2	4	6
5	1	4	6	2	8	7	3	9
2	6	3	4	7	9	5	1	8
7	5	1	2	8	4	9	6	3
9	4	2	1	6	3	8	7	5
3	8	6	7	9	5	1	2	4

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EDVT P AYCVL-LBJBZ KA QLVPZVS ZDPZ CWBEA WPTS, EKWW KZ JV PT PYZBXPZVS ZKWWVL XPQDKTV?

Yesterday's Cryptoquip: IF A GROUP OF PERCUSSIONISTS WENT AROUND SWIPING THINGS, SHOULD IT BE CALLED A STEAL BAND?

Today's Cryptoquip Clue: K equals I

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 22°/13° Partly cloudy
Tuesday 20°/15° Sunny
Know what the weather will be 14 days from now. Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. There have been so many good times of late that today's events may seem a bit of a letdown. Don't worry

Taurus | April 21 - May 21. Try not to be guided by mob mentality today. Common sense will take you further.

Gemini | May 22 - June 20. There is something you have wanted to do for months, maybe years, but somehow never quite got around to starting. Act now

Cancer | June 21 - July 22. The more others insist that you need to shift your position the more you should insist on staying right where you are.

Leo | July 23 - Aug. 22. Adopt a wait and see attitude today and don't let others pressure you into making a snap decision.

Virgo | Aug. 23 - Sept. 22. You are on the right track and making considerable progress, so get rid of that gloomy outlook you picked up along the way and believe that wonderful things are going to happen in the very near future – and they will.

Libra | Sept. 23 - Oct. 22. You may not approve of what a friend or colleague is up to but what can you do about it?

Scorpio | Oct. 23 - Nov. 21. Don't give in to feelings of self-pity today because there is so much you can do to improve your life.

Sagittarius | Nov. 22 - Dec. 21. It would appear that someone is plotting behind the scenes and while you may not be their target you still need to take steps to protect yourself.

Capricorn | Dec. 22 - Jan 20. Is it too late to change the outcome of a situation that has been gaining momentum for quite some time?

Aquarius | Jan. 21 - Feb 18. There is no point trying to tell certain individuals where they are going wrong because they won't listen

Pisces | Feb. 19 - March 20. One of the most important things in life is that you are true to your own feelings, and if you don't feel it is right to help someone whose actions you disapprove of today then by all means turn away.

SALLY BROMPTON

Caption Contest

"Eat your heart out, Puss in Boots!"
Demetrios

APICHART WEERAWONG/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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